

DACH AIR Self-Management Classes

Adult Class:

1-3 p.m., 3rd Thursday of each month

Wee Wheezers:

1-3 p.m., 2nd Thursday of each month

For parents of children under age 5 who have asthma.

Parent/Child Class:

3:30-5 p.m., 1st two Thursdays of each month.

Parents and school-aged child with asthma attend class at the same time.

Location:

Classes are held in the auditorium at Darnall Army Community Hospital. Look for signs in the basement that say classroom or room 0710.



Important Telephone Numbers

Emergency - 911

Appointments.....	288-8888
Asthma Educator.....	288-8638
Cancel Appointments.....	288-7777
Clinics:	
Family Care-Darnall.....	288-8280
Family Care-Cove	542-3080
Monroe Health Clinic.....	288-5082
Bennett Health Clinic.....	618-8100
Pediatric Clinic.....	628-2100
Internal Medicine Clinic	288-8090
Thomas Moore Health Clinic.....	287-5939
Exceptional Family Member Program	
Coordinator, Darnall.....	288-8099
Health Benefits Advisor.....	288-8164
Information Desk, Darnall	288-8156
Outpatient Records	288-8166
Pharmacy.....	288-8100
Public Affairs Office.....	288-8005
Refill Pharmacy	288-8911
	288-8912

Main Pharmacy at Darnall

Monday, Tuesday, Wednesday & Friday
8 a.m. to 7 p.m.

Thursday – 9 a.m. to 7 p.m.

Saturdays, Holidays & Training Holidays

8:30 a.m. – 12:30 p.m. & 1-5 p.m.

Closed Sundays

Refill Pharmacy at Darnall

Monday, Tuesday Wednesday, Friday
8 a.m. to 7 p.m.

Thursday – 9 a.m. to 7 p.m.

Weekends, Holidays & Training Holidays

8:30 a.m. to 12:30 p.m. & 1 to 5 p.m.



Public Affairs Office
Darnall Army Community Hospital
www.hood-meddac.army.mil
FH MDA HO 393
1 May 2003

Asthma

Self Management Program

Come Fly DACH AIR



Keep Your Airways Clear
An Educational Program
for Asthmatics



Darnall
Army Community Hospital

Fort Hood, Texas

www.hood-meddac.army.mil

What is Asthma?

Asthma is a disease causing blockage of the airways. This makes it hard to breathe. The symptoms can be controlled, but there is no cure for asthma.

Asthma symptoms are usually brought on by a "trigger." Triggers are things like mold, pollen, dust mites, animal dander, cigarette smoke or exercise that make asthma worse.

During an asthma attack, three things happen: tiny muscles around the airways tighten, the airways themselves swell and mucus forms inside the airways.

When properly medicated and following an action plan, asthmatics should be able to avoid serious attacks and trips to the emergency room.



What is DACH AIR?

DACH AIR is a self-management program offered by Darnall Hospital. The program provides patients the necessary skills and knowledge to learn to control asthma symptoms.

How to Enroll

Walk into any of the classes listed in this brochure, ask your primary care provider for a referral, or call the program coordinator at:

288-8638

DACH AIR Topics

- Asthma Overview
- Trigger Control
- Early Warning Signs
- Peak Flow Monitoring
- Medications
- Inhaler and Spacer Use
- Action Plan

The Asthma Team

DACH AIR uses a team approach to asthma education and awareness. Our instructors include nurses, respiratory therapists, pharmacists, and an experienced elementary teacher for children. You, your primary care provider, and your family are all part of your asthma team, too.

Early Warning Signs

Some early signs of asthma are:

- Trouble breathing
- Tight Chest
- Coughing, particularly at night
- Wheezing
- Pain in the neck or head
- Cranky, tired feeling
- Itchy skin
- Upset stomach

Asthma Myths

"All asthmatics wheeze"

Some people with asthma never wheeze; their only symptom is coughing.

"I had asthma as a kid, but I outgrew it"

Once diagnosed, asthma cannot be cured or outgrown; it does not go away.

"My asthma is controlled - I only have symptoms 3-4 nights a month"

Having symptoms more than two nights per month is not having control of asthma.